

- Denmark
- Finland
- Iceland
- Norway
- Sweden

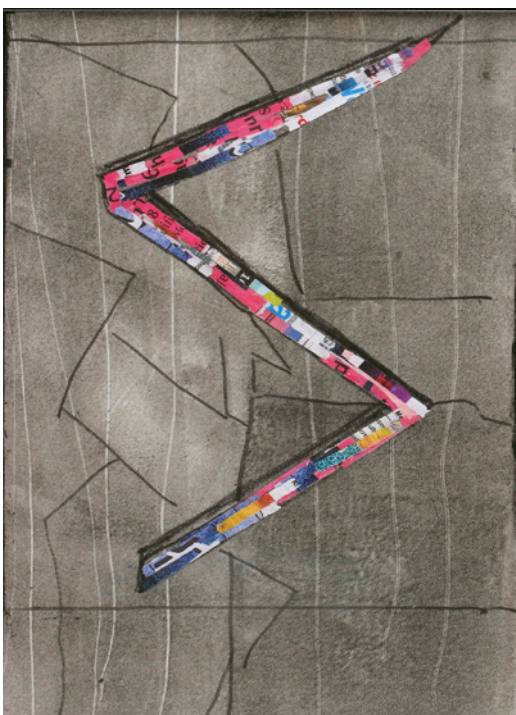
Fall 2014

www.nordic5arts.com

recent exhibition **RUNES REVEALED**  
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Mixed Media Exhibition by Nordic 5 Arts, July 11 – August 10, 2014  
 Sanchez Art Center, East Wing Gallery, 1220-B Linda Mar, Pacifica, CA 94044

works in the exhibition and artist statements



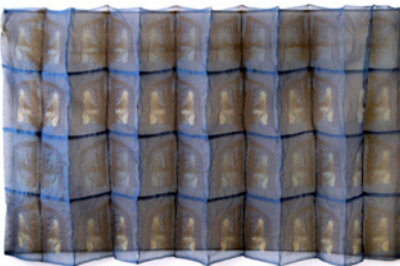
**Patricia Bengtson-Jones**  
 SUN = HOPE (detail)  
 monoprnt, ink, muli paper shredded images  
*Inspired by the Rune Sowilo-Sigil, which means the sun, success, and course of action. Rune icons help me to perceive beyond the physical plane: to depict a journey, a motion; to understand the interconnectedness of a world/universe/cosmos... I share in the ancient and recurring messages, drawing a line to the message of Art."*



**Mark Erickson**  
 THE SECRET WHISPERS OF PARADISIO I  
 mixed media on canvas  
*My painting relates to the concept signified by the rune Laguz, meaning water. For years my work has revolved around the concept of movement in a fluid manner. The illusion of floating became a source of discovery, how oil paint moves with the current and the movement of the brush. The results are simmering reactions in the dance of paint and the flow of the paint is merely like following the path of a river, winding its way through time and memory.*



**Kati Casida**  
 WOMAN WARRIOR, local stone with six rune letters cut from copper  
*My sculpture features six symbolic and meaningful runes: Teiwaz (Warrior), Berkana (Growth), Inguz (Fertility), Dagaz (Breakthrough), Óthila (Separation), and Alguz (Protection). I have seen many Rune stones in Norway and Sweden with sagas about their Viking heroes or the long voyages. This work relates to a story I wrote in the form of a saga about the life of an adventurous and courageous Viking woman who traveled with her husband to far-away lands.*



**Ulla de Larios**  
 STITCHRESIST #10, silk organza  
*The rune in my piece is Uruz, which is shaped like a U. The U forms a frame for the walking man that is included in much of my work. The walking man in this piece symbolizes the movement and situation of the many people migrating around the world. This migration, forced or voluntary, leaves the person in a space between the old and the new. My rune U stands for strength and for daring to take steps into the unknown for new experiences, something every migrant goes through.*



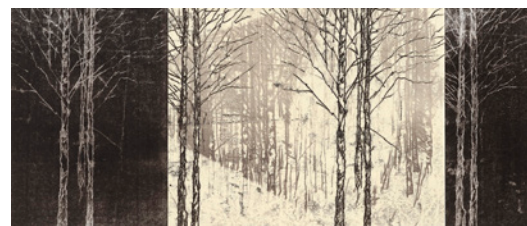
**Olivia Eielson**  
 HOMEWORK, oil on canvas  
*The rune I chose is Jera, whose meaning is persist; keep your commitment to your project. You cannot hurry the harvest, but if you keep working, the harvest will come. "Homework" shows a sort of Sisyphus, pushing the stone. The light is the light of a heating planet.*



**Maj-Britt Mobrand**  
 INGUZ, wool weaving  
*This weaving is related to the rune Inguz, which stands for fertility and new beginnings. I had not previously seen this particular rune in the rune books that I own. I decided to simply depict the symbol as it might look carved on a rock.*



**Colette Crutcher**  
 RUNES 2  
 pencil, pen, and casein on paper  
*The use of letters and writing systems as a source of design inspiration has recurred in my work, from large cast concrete relief murals on the facade of a library, to intimate drawings. The fact that simple conjunctions of lines can become the foundation of a system of communication and learning is fascinating. But for me, runes are purely abstract elements that catalyze my drawing.*



**Debra Jewell**  
 ÖREBRO, trace monotype on chine collé  
*The rune Dagaz, meaning "Day" or "Dawn," refers to time on a daily cycle, and is also a rune of bold change – for example, the burst of light at the moment of illumination. Dagaz has been used as a symbol of light for more than 4,000 years. Dagaz – as awakening, breakthrough, or 'power of change' – entails the balancing polarities of light and dark. I have sought to represent the interdependence of light and dark with the contrast of plate tone and the branching of trees. It is the place where the opposites meet.*



**Ellen Faris**  
 WUNJO REVERSED-COLORS TO COPE  
 acrylic on canvas  
*To help me cope in a time of sadness after losing my husband and my mother, I started to paint using the brightest colors possible. Colors have given energy and joy! My life is now brighter and the scars are rounder; as it says in the definition of the rune, Wunjo Reversed, "Nothing is permanent, this too shall pass."*